

Fiesta Fitness Dance



If you hate to work out, but love to dance, Fiesta Fitness is a great cardio workout that never gets boring. It uses 80% Latin Flair music with 20% multi-cultural music. This class combines dance and cardio to:

Strengthen your heart

Tone muscles

Improve balance

Burn calories

All fitness levels welcome and you can go at your own pace. Please wear comfortable sneakers, workout clothes and bring a water bottle.

Instructor Nicole Smith has lived in Harpswell over 20 years. She and her husband are raising two sons. Nicole has been practicing Zumba and Fiesta Fitness for six years under Tony Garretton, and is now certified in Fiesta Fitness, Fiesta Suave, and Fiesta Abs.

Classes will be held at Harpswell Community School in the gymnasium

Tuesday & Thursday mornings from 6:00—6:45 am

Starts on March 22 and continues twice weekly for six weeks

Cost is \$80 for all 12 classes, \$45 for 6 classes (T or Th), \$10 per drop in class

FMI contact Harpswell Recreation at 833-5771 ext. 108 or recreation@town.harpwell.me.us
Payment can be made by cash, check or credit card at the Town Office. Please make check payable to the Town of Harpswell. Mail or drop for off PO Box 39, 263 Mountain Road, Harpswell, ME, 04079

FIESTA FITNESS—SPRING 2016

R4170 \$80/\$45/\$10 _____

Name _____ Phone _____

Address _____ Town _____ Zip _____

Email _____

Do you have physical limitations? _____

Circle One: Full Class \$80

Six Classes; T or Th \$45

Drop-In \$10/class

Participant Release/Assumption of Risk Agreement/Agreement to Indemnify & Hold Harmless

****Photos & videos taken may be used for local publicity****

Each person signing below understands that participation in the Town of Harpswell ("Town") program, activity and/or special event can involve the risk of damage and injury, including serious injury, to both people and property. Each person signing below understands and agrees that the Town, its agents, officers and employees, accept no responsibility, and will not be liable, for any injury, harm or damage to his/her person or property (including, but not limited to, injury, harm or damage caused by negligence of the Town, its agents, officers or employees) occurring during or arising out of participation in any Town program, activity and/or special event. To the fullest extent permitted by law, each person signing below agrees to assume all risk of injury, harm or damage to his/her person or property arising during or in connection with said Town program, activity and/or special event. Each person signing below hereby releases and agrees to indemnify and hold harmless the Town, Nicole Smith and Fiesta Fitness, its agents, officers and employees, from any and all liability, actions, damages and claims of any kind and nature whatsoever for any injury, harm or damage to his/her person or property (including, but not limited to, injury, harm or damage caused by negligence of the Town, its agents, officers or employees) that may arise or occur during or in connection with said program, activity and/or special event.

Signature _____ Date _____